



## PARACHUTISTS: YOU MAY BE ELIGIBLE FOR DISABILITY BENEFITS

**M**ilitary airborne operations date back to the World War II era, where the U.S. Army Airborne Test Platoon deployed the very first parachute, the “T-4,” in 1940. Today, advancements in parachute technology and training standards have bolstered the Army’s proficiency in combat airborne operations. Despite rigorous training and safety procedures, however, parachuting is the leading cause of lower-extremity fractures in the Army. Injuries sustained during airborne operations result in evacuations, hospitalizations, and lost duty time. Some injuries can have permanent career — or lifelong — consequences.

Injuries to the lower extremities (e.g., ankle, leg and hip), lower back and head are most common for paratroopers. Ankle fractures, ankle sprains, lower back sprains and head

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injuries/concussions are key concerns.

Parachuting injuries occur throughout all phases of the jump, but as you might expect, impact with the ground is the primary cause of injury. Upon landing, soldiers are taught to execute a “parachute landing fall” (PLF) to distribute the forces of ground impact across the body. Variations in environmental conditions such as wind speed, drop zone terrain, and the speed at which the soldier contacts the ground can make it difficult

to execute the PLF properly.

VA studies have shown that service members who did a lot of parachuting are prone to develop neck, knee and back issues in their later years. This is particularly true of paratroopers. These physical problems commonly develop over time: since service members are comparatively young during their active

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## Letter From Jan

Summer is certainly speeding by. How many days were there in July...four? School will be starting again before you know it.

Where does the time go?

Some good news for Veterans this month: The PsyPact agreement will allow residents of rural and under-

served areas who need mental health services to take advantage of tele-psychology — you may not even have to leave your house to get the help you need. This will make the process of obtaining psychological care more manageable and accessible for Veterans and others.

Once again, our Freedom Fun Run 5K in July was a success! Not only was it a lot of fun, we also met our fundraising goal of \$25,000 — with all of the proceeds going to

benefit several Veterans groups, including Operation Transportation, We Have Your 6 – Parkersburg Division, and the Jan Dils Foundation Scholarship for Veteran Recipients. Here's looking forward to next year's event.

Lastly, take some time to get outside, if you're able. Go for a hike, get your hands dirty in the garden, walk the dog — you get the picture. Enjoy these last warm days of summer while you can.

## COMMUNITYCORNER

### Freedom Fun Run 5K Is a Success

Our annual Freedom Fun Run 5K was held July 9 in downtown Parkersburg, WV. We are pleased to announce we met our fundraising goal of \$25,000! \$12,500 came from participants, donations and sponsors, and \$12,500 was matched by Jan Dils, Attorneys at Law.

Participants in both the virtual and in-person events hailed from FL, GA, KY, NC, OH, PA, SC, TN, WA, WV and the Philippines. Many thanks to all who participated.

One hundred percent of the proceeds will benefit Operation Transportation, We Have Your 6 – Parkersburg Division, and the Jan Dils Foundation Scholarship for Veteran Recipients.



We are excited to support the men and women who have served our country. Stay tuned for our 2023 event date.

## Recreational Spotlight

### Beautiful Mountwood Park

Mountwood Park is a county park located 12 miles east of Parkersburg on U.S. Route 50. The park contains more than 50 miles of hiking and biking trails, campgrounds, a 50-acre lake and wooded picnic areas.

The land on which Mountwood Park is located has a rich and significant history to West Virginians and to the oil and gas industry. In the late 1800s, the third oil field in the United States was discovered in Volcano, West Virginia, an oil boomtown that once stood where Mountwood Park stands today. When the news spread that there was fortune to be found in Volcano, people flocked to the area to buy land.

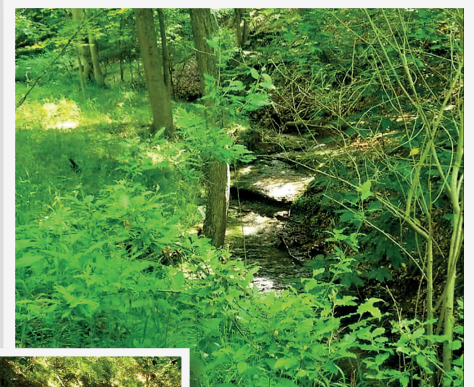
Soon after the discovery of oil, plumes of smoke rose from the trees and the hills were dotted with wooden oil rigs. The

population of Volcano grew to approximately 5,000 people; saloons, bowling alleys, and opera houses became popular attractions. Not only was Volcano a central point of interest for entertainment, it was also the birthplace of a new oil pump system called the endless cable system — a series of wheels, belts and cables going up and down hills to pump oil.

Volcano, West Virginia, came to an abrupt end in 1879, when the town burned to the ground. Mountwood Park proudly celebrates the town's history with the annual "Volcano Days" festival during the last week of September.

For both avid and casual day hikers, as well as trail runners and mountain bikers, the park offers numerous options for outings of almost any length. Its standard-built trail system is open year-round and spreads out across 2,000 acres. In addition to hiking and biking, visitors can enjoy fishing, picnicking, camping, bird watching, festivals, disc golf, a dog park and more.

Visit <https://www.mountwoodpark.org/recreation/> for more information.



*"These photos were taken on trails at Mountwood State Park. They have trails for all skill levels, and I saw a lot of wildlife while there."*

— Amanda Nolan,  
VA Medical Records  
Requestor





## PSYPACT LEGISLATION CREATING OPPORTUNITIES FOR VETERANS

**T**he Psychology Interjurisdictional Compact (PsyPact) is an agreement pertaining to mental health and psychological care. It allows psychologists in participating jurisdictions to practice across state lines, either through telepsychology or temporary in-person practice.

PsyPact is relatively new, as it was created in 2015 and has only been operational since July 2020. Since 2021, new legislation has brought 19 states into the agreement, vastly expanding access to PsyPact nationwide — with more states expected to join in the

**The new PsyPact rules will impact the United States as a whole and Veterans in particular.**

coming months. You can view this map at <https://psypact.site-ym.com/page/psypactmap> to see if your state has joined.

### How These New Rules Benefit Veterans

The new PsyPact rules will impact the United States as a whole and Veterans in particular. Military groups, such as the Society for Military Psychology, have pushed for this legislation as they believe it has great potential to help our nation's soldiers and Veterans. PsyPact helps to ensure that active-duty soldiers can receive the full range of psychological services available in the United States.

For Veterans, PsyPact provides treatment opportunities that transcend jurisdictional boundaries and remove barriers to care. This helps counteract the lack of access to mental health services in rural and underserved localities. Regardless of your geographic location, you will likely have access to mental health services as long as your state belongs to PsyPact. This makes the process of obtaining psychological care more manageable and accessible for our most at-risk populations, including Veterans.

Our aim is to keep you up to date on the latest information so you can get the help you deserve. To learn more about PsyPact and how it may benefit you or your family, contact us at **JanDilsFoundation.com** or call us at **833.534.3577**. We care about our Veterans.

Source: <https://psypact.site-ym.com/>



## BACON AND TOMATO MACARONI SALAD

Easy to make and perfect for summer.  
By **Susan King**, Reception.

### INGREDIENTS

2 cups elbow macaroni, cooked according to package directions, rinsed and chilled  
1-1/4 cups mayonnaise  
5 tsp. white vinegar  
1-1/4 cups diced celery  
1 large tomato, diced  
5 green onions, chopped

1/2 cup shredded cheddar cheese  
1/4 tsp. black pepper  
1 package bacon, cooked until crisp, drained and crumbled



**DIRECTIONS:** Combine all ingredients in a large bowl and mix well. Chill before serving.

## It's Game Time

### COMMONYMS

What's a commonym, you ask? A commonym is a group of words that have a common trait in the three words/items listed. For example, the words: A car - A tree - An elephant... they all have trunks. These will make you think!

1. A tennis racket - A marionette - An orchestra
2. Babe Ruth - Hank Aaron - Marge Simpson
3. Line - Pie - Bar
4. Carson - Bench - Cash
5. Bird - Jordan - Magic
6. Pantyhose - Candidates - Track Stars
7. Pay - Princess - Cell
8. Cane - Brown - Powdered
9. Monkey - Box - Crescent
10. Blood - Piggy - Sperm

**Answers:** 1. all have strings 2. they have homers 3. graphs 4. Johnmys 5. basketball players 6. they run 7. phones 8. sugars 9. wrenches 10. banks

**PERSONAL INJURY | VETERANS DISABILITY | SOCIAL SECURITY DISABILITY**

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duty, symptoms may not appear until years later.

It is not difficult to prove a service connection between jumping out of Army airplanes and suffering pain in the neck, back or lower extremities. Repetitive landing, constant training and carrying heavy loads are exactly

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**It is not difficult to prove a service connection between jumping out of Army airplanes and suffering pain in the neck, back or lower extremities.**

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the type of activities that can cause these problems in later years.

If you are a Veteran who did a lot of parachuting or held the title of Paratrooper, you are eligible to apply for Veterans benefits — and if you are currently having trouble with your neck, back or lower extremities,

you can apply for Veterans Disability benefits. If you need help getting medical information or navigating the application process, contact our experienced Veterans Disability team at **JanDilsFoundation.com** or call us at **833.534.3577**. You served our country — now let us serve you.

